



Life 2.0

1. Health

1.1. Walking

1.1.1. November

1.1.1.1. Week 1 (12th)

1.1.1.1.1. Day 1

1.1.1.1.2. Day 2

1.1.1.1.3. Day 3

1.1.1.2. Week 2 (19th)

1.1.1.2.1. Day 1

1.1.1.2.2. Day 2

1.1.1.2.3. Day 3

1.1.1.3. Week 3 (26th)

1.1.1.3.1. Day 1

1.1.1.3.2. Day 2

1.1.1.3.3. Day 3

1.2. Running

1.2.1. Train for 10K

walking, build up strength and lose weight before you go back to this as already experiencing back/hip pain

1.2.1.1. Following GarminConnect plan

1.2.1.1.1. November

1.2.1.1.2. December

1.2.1.1.3. January

1.2.2. Records

1.2.2.1. Distance - 6.40km

1.2.2.2. Time

1.2.2.2.1. 1 km - 4:57

1.2.2.2.2. 1 mile - 8:10

1.2.2.2.3. 5km - 29:35

1.3. Strength Training

1.3.1. Situps App

1.3.2. Plank

Link: <https://www.runnersworld.com/training/a20844691/6-exercises-that-help-your-lower-back-pain/>

1.3.2.1. Times

1.3.2.1.1. 45 secs * 3

1.3.2.1.2. 50 secs * 3

1.3.2.1.3. 55 secs * 3

1.3.3. Physio

1.3.3.1. golf

1.3.3.2. strength training

1.3.3.3. resistance bands

1.3.3.4. 10k

1.3.3.5. Pilates

1.4. Steps

1.4.1. Monthly Targets

1.4.1.1. 2018

1.4.1.1.1. November

1.4.2. Record - 224,862 (August 17)

1.4.3. Successive days met goal

1.4.3.1. Current - 2 (27th November)

1.4.3.2. Record - 7

1.5. Diet

1.5.1. Track your weight

1.5.1.1. Target - 75kg

1.5.1.1.1. November

1.5.1.1.2. December

1.5.1.1.3. January

1.5.1.2. Current - 79kg

1.5.2. On a Roll

1.5.2.1. Days since binge

1.5.2.1.1. Current - 0 (26th November)

1.5.2.1.2. Record - 8

1.5.2.2. Days since alcohol

Consider giving it up for good. How cool a commitment would that be? Don't want to waste any more time on hangovers now that I've got Lukey and his little Brother or Sister to look after.

1.5.2.2.1. Current - 2 (27th November)

1.5.2.2.2. Record - 28

1.5.2.3. Takeaway

1.5.2.3.1. Current - 4 (27th November)

1.5.2.3.2. Record - 23

1.5.2.4. Mindful eating counter

1.5.2.4.1. Today - 0 (27th November)

1.5.2.4.2. Record - 2

1.6. Headspace

1.6.1. On a Roll

1.6.1.1. Current - 2 (27th November)

1.6.1.2. Record - 15

1.7. Golf

1.7.1. Mission Single Figures

1.7.1.1. Current - 9.9

1.7.1.2. Target - 9.4

1.8. Sleep

2. Family

Edel, Luke and Strawberry - Ye're my inspiration, my motivation, ye fill my life with meaning. I look forward to all the fun stuff we're going to do together and always know that I'll be with you every step of the way.

Look at the world through their eyes now - will do all that I can to make sure they're happy - that's my purpose

Come what may - I'm always there

Ye give a whole new purpose to my life. It's all for you. Will cherish every moment and capture every milestone. Will work hard to make ye proud and so that ye never want for anything.

I will look back at the end of every day and know that I've been the best Dad I can be and will appreciate the sense of satisfaction that entails

2.1. Edel

2.1.1. Places to Go

2.1.1.1. Italy

2.1.1.2. Boston

2.1.2. Eternity Ring

2.1.3. Watch more TV together

2.2. Luke

Cherish every moment

2.2.1. Luke's Toys

2.2.1.1. Lego

2.2.1.2. Duplo

2.2.1.2.1. Keep adding to collection

2.2.2. Places we'll go

2.2.2.1. Anfield

2.2.2.2. Legoland

2.2.3. Waterbabies

2.2.3.1. Chapter 3 (Christmas 18 term?)

2.2.3.1.1. 1pm Sunday available

2.2.3.2. Chapter 2 (Christmas 18 term?)

2.2.3.2.1. 12:30pm not available

2.2.3.3. Chapter 2 (Spring 19 term?)

2.2.3.3.1. Luke too advanced by the time this comes around

2.2.3.4. Refund

2.2.3.4.1. Seek Alternatives

2.2.3.5. Chapter 3 (Spring 19 term)

2.2.3.5.1. Ring in January 19

2.2.4. Things we'll do

2.2.4.1. Go for walks

2.2.4.2. Football on green

2.2.5. Milestones

2.2.5.1. Crawl

2.2.5.2. Walk

2.2.5.3. Words

2.2.5.4. Talk

2.3. Strawberry

2.3.1. What's your name little one?

2.3.1.1. Boy

2.3.1.1.1. Adam

2.3.1.2. Girl

2.3.1.2.1. Amy

2.3.2. Countdown: 117

2.4. YT

2.4.1. ToDo

2.4.1.1. Swimming Lessons

3. Work

Link: <https://www.mindmeister.com/1172000270>

4. Know More

4.1. Current Affairs

4.1.1. Politics

4.1.1.1. Ireland

4.1.1.1.1. Minister for Justice and Equality

4.1.1.1.2. Minister for Health

5. Notes and Inspiration

Link: <https://www.mindmeister.com/1174369985>

6. Shopping and Gifts

6.1. Christmas '18

6.1.1. Edel

6.1.1.1. New Phone

6.1.1.2. Wishing Tree Studio

6.1.1.3. Luke Desk Photo

6.1.2. Luke

6.1.2.1. Duplo

6.1.2.2. soccer goals

6.1.3. Mam

6.1.3.1. The Crown Season 2

6.1.4. Dad

6.1.4.1. The History of Thomond Park

6.1.5. Photos for Family

6.1.6. Isabelle

6.1.6.1. Chair

6.1.7. Decorations

6.1.7.1. Tree

6.1.7.2. Train for around Tree

6.1.8. Carrs

6.1.8.1. Chloe

6.1.8.2. Johanna

6.1.8.3. Stephanie

6.1.9. YT

6.1.9.1. Clothes

6.2. Wishlist

6.2.1. Books

6.2.2. Movies

6.2.3. Games

6.2.4. Smartwatch

6.2.4.1. Vivoactive

6.2.4.2. Approach

6.2.5. Running

6.2.5.1. Runners

6.2.5.2. Stability Ball

6.2.5.3. headphones

6.2.6. Golf

6.2.6.1. Winter Shoes

6.2.7. Home

6.2.7.1. Drill

6.2.8. smart scales

6.3. Birthdays

6.3.1. 2018

6.3.1.1. Isabelle

6.3.1.1.1. Chair

6.4. Luke

6.4.1. Extra Car Seat

7. Hobbies

7.1. Drawing

Work goals, including Python, due to be complete on June 31st '19.

Focus can then switch to more drawing in your spare time; i.e. early morning and evenings.

7.1.1. Learning

7.1.1.1. Books

7.1.1.1.1. Beginners Guide to Sketching

7.1.1.1.2. Figure Drawing for all it's Worth

7.1.1.2. Tutorials

7.1.1.2.1. Traditional

7.1.1.2.2. Digital

7.1.2. Practice

7.1.2.1. Chicken Drawing Requests

7.1.2.1.1. Chloe

7.1.2.1.2. Johanna

7.1.2.1.3. Stephanie

7.1.2.1.4. Isabelle

7.1.2.2. Dino Sports (Luke)

7.1.3. Projects

7.1.3.1. Portraits

7.1.3.2. ImagineFX submission

7.1.3.3. Luke's Adventure

Add new mindmap for this once you upgrade your plan

7.2. Games

Add new mindmap for this once you upgrade your plan

7.2.1. Bloodborne

7.2.1.1. Start Again

7.2.2. Doom

7.2.3. Read Dead 2

7.2.4. God of War

7.3. Programming

7.3.1. Learning

7.3.1.1. Books

7.3.1.1.1. Python Crash

Before Work

7.3.1.1.2. Python Cookbook

Before Work

7.3.1.1.3. Elements of Programming Interviews in Python

Before Work

7.3.2. Projects

7.3.2.1. C64 Development

7.3.2.2. OutofBounds

Add new mindmap for this once you upgrade your plan

7.3.2.2.1. Keep stats up to date on garmin

7.4. Puzzles

7.4.1. Rubiks

7.4.2. GCHQ

7.4.3. Math puzzles app

7.5. Photos

7.5.1. Luke Pro Photos

7.5.1.1. Contact Rob Lamb

7.5.2. Workflow

7.5.2.1. ToDo

7.5.2.1.1. Last Update - 26th November '18

7.5.2.1.2. 19th May '17 to 17th December '17

7.5.2.1.3. 18th December '17 to 1st March '18

7.5.2.1.4. 2nd March to 5th May '18

7.5.2.1.5. 6th May to 24th July '18

7.5.2.1.6. 25th July to 4th September '18

7.5.2.1.7. 5th to 22nd September '18

7.5.2.1.8. 23rd September to 10th November '18

7.5.2.2. Process

7.5.2.2.1. Go through photos back to Luke's birth

7.5.2.2.2. Confirm on Google Photos and Delete on phone

7.5.2.2.3. Add/Create Albums as you go

7.5.2.2.4. Review albums add selected to corresponding 'To Print' album

7.5.2.2.5. Copy 'To Print' to USB and get printed

7.5.2.2.6. Review all usb drives for anything you may have forgotton

7.5.3. Wedding Photos

7.6. TV

7.6.1. Movies

7.6.1.1. Star Wars

7.6.1.1.1. Episode VII - The Force Awakens

7.6.1.1.2. Episode VIII - The Last Jedi

7.6.1.2. Interstellar

7.6.1.3. Bladerunner

7.6.1.3.1. BladeRunner

7.6.1.3.2. BladeRunner 2049

7.6.1.4. Marvel

7.6.1.4.1. Phase I

7.6.1.4.2. Phase II

7.6.1.4.3. Phase III

7.6.2. Shows

Add new mindmap for this once you upgrade your plan

7.6.2.1. GoT Catchup

7.6.2.1.1. Catch up

7.6.2.2. Mr Robot

7.6.2.2.1. Season 1 Catch up

7.6.2.2.2. Season 2

7.6.2.3. Westworld

7.6.2.3.1. MiB

7.6.2.3.2. The Forge

7.6.2.4. GoT Final Season

7.6.2.5. Battlestar Galactia

7.6.2.5.1. Season 1

7.7. Books & PodCasts

7.7.1. Reading

Add new mindmap for this once you upgrade your plan

7.7.1.1. Kindle

7.7.1.1.1. The Book: On the Taboo Against Knowing who you are

7.7.1.1.2. Alcohol Explained

7.7.1.1.3. Why We Sleep

7.7.1.2. Artbooks

7.7.1.3. ImagineFX

7.7.1.3.1. Catch-up

7.7.2. Podcasts

7.7.2.1. TedTalks

7.7.2.2. Mr Robot

7.7.2.3. Westworld

7.7.2.4. GoT

7.8. Sports

7.8.1. Baseball

7.8.1.1. Red Sox

7.8.2. Football

7.8.2.1. Liverpool

7.8.2.2. Ireland

7.8.3. Rugby

7.8.3.1. Munster Games with Rodney

7.9. Journals

7.9.1. Mine

7.9.2. Luke's

7.10. Blog

7.10.1. Programming Projects

7.10.2. Art Projects

7.11. Coffee

8. Home

8.1. Luke's Room

8.1.1. Nameplate for Door

8.2. Kitchen

8.3. Garden

8.3.1. Edging

8.4. Living Room

8.4.1. New Lamp

8.5. Extension

8.6. Christmas '18

8.6.1. Outside lights

8.6.2. Santa Beard

8.7. Office

8.7.1. Storage boxes for blu-rays